

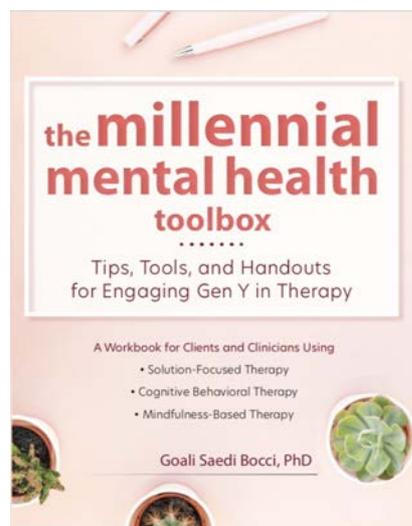
## Taking Time to Slow Down in 2020

Greetings,

What a few months it has been! If you are new to this "quarterly" newsletter, welcome! And if you are a regular, you may have noticed I missed several quarters. The last update was Summer '19. Naturally, this email began as the Fall newsletter, then as the days sped past, Winter, and well, now here we are. As you can imagine, this introductory message has similarly shifted and been re-written each time. I planned a "happy holidays" and be sure to take care of yourself message, which then morphed into a Happy New Year and welcome to the "roaring 20s" note. Now as we are in a global pandemic, it seems we are in greater need of outreach and encouraging messages than ever before. May this first day of Spring mark a shift in healing and wellness for us all.

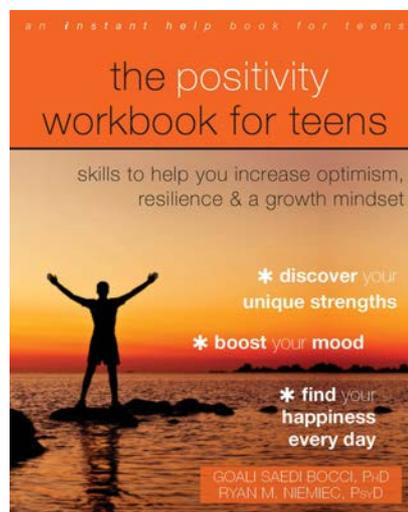
In addition to exciting practice updates, upcoming books, seminars, and podcasts, I'm also featuring for the first time a few of my latest *Psychology Today* articles. Given the mass anxiety, uncertainty and concern that has gripped us all in different ways, I felt it important to share my latest article on self-care during the coronavirus. As I also see many clients impacted by Emotional Support Animals, I wanted to share some national news. I also included my article on Seasonal Affective Disorder which impacts many during the dreary Winter and even early Spring months.

While many are likely reading this from home, we all have varied experiences. Some of us are experiencing job loss and incredible pain, others crippling anxiety, while some are celebrating the closures of schools. It is truly a spectrum of high definition colors. Whatever you are experiencing, please know that I am here and feel free to reach out. I'm hopeful also that perhaps some of the books and resources listed below can at the very least do a small part in allaying anxieties and providing hope. May we all send as much love, compassion and healing thoughts into the world as possible.



### ***The Millennial Mental Health Toolbox Available April 2020!***

Coming out this Spring, I am so incredibly excited to have finally



### ***The Positivity Workbook for Teens Coming December 2020***

In collaboration with one of the nation's foremost experts in the field of positive psychology and character

collected my most used (and widely applicable) handouts in this 200+ page book. Written for both therapists and their clients, there are explanations unique to both and handouts that are quick and easy to use. Sleep, nutrition, perfectionism, procrastination, anxiety, FOMO, it's all in there!

[Pre-Order Now!](#)



## STRENGTHENING *the* HEARTLAND

### Digital Detox Webinar in June

Calling all therapists, clinicians, and interested parents! Courtesy of a national grant project called Strengthening the Heartland, I have the incredible honor of providing a webinar on helping teens detox from devices this upcoming June!

[Register for the Webinar](#)

strengths, Dr. Ryan Niemiec, I am so honored to have this book come out during the holiday season. I learned so much about awe, inspiration, hope, zest, humor, and happiness, and am overjoyed to share it with you all (hint, and it's not just applicable to teens!).

[Pre-Order Now!](#)



### *Social Media Workbook for Teens Spotted at Barnes & Noble*

Life dream come true! A photo is worth a thousand words, so we will leave it at that.

[Purchase Here](#)



pesi digital detox deck



Digital Detox Deck explained with author Goali Saedi Bocci, PhD

### Digital Detox Deck Video Now Live

Given the abundance of news outlets anymore, it is normal for many of us to feel zapped, overwhelmed and exhausted by the barrage. While it is natural to be connecting via social media during this time of social distancing, other problems can quickly arise. Friends warning of hand sanitizer shortages, long grocery lines, and empty shelves can easily feed on a pre-existing anxiety. Consider a mini detox in the days and weeks to come. After all, if you are hunkering down and staying home anyway, reading scary headlines doesn't help the matter. Take some time to attend to yourself and your own emotional, physical, and spiritual needs.

[Watch Video](#)



### Dr. Bocci Featured on CNBC

Last Fall, I was interviewed for an article on the rise of teletherapy. Incidentally, with social distancing, becoming more relevant each and every day! As always, feel free to reach out for an appointment or check-in now that the practice is 100% virtual.

[Read Article](#)



### Dr. Bocci Thrive Interview

I was also interviewed on tips for dealing with cold weather months. I'm still under blankets by the fire over here, so we will consider this a timely article!

[Read Article](#)



### Is Your Weather App Making You Depressed?

My *Psychology Today* article on Seasonal Affective Disorder. As many of you are reading this from across the country, some have blue skies, others Spring showers.

[Read Article](#)



### What a New Ruling Could Mean for Emotional Support Animals

Designation of ESAs, service animals, and therapy dogs has caused plentiful confusion among the masses. Airports have been looking to crack down on policies which can be a welcome change for those truly in need.

[Read Article](#)



### Practicing Self-Care in the Face of Coronavirus

Just posted this week on *Psychology Today*, I shared some thoughts on boundaries, saying no, and self-care during the pandemic.

[Read Article](#)



### America Offline Podcast

I was so honored to get to appear on this podcast with host, David Klein. An amazing organization with retreats for teens focused on digital detox in the beautiful CA woods, be sure to check out their website too!

[Listen to the Podcast Here](#)



### Nootralize Podcast

While still being scheduled, I'm super excited to have been invited to appear on this podcast as well in the coming months. Will keep you all posted on when that happens!

[More on Nootralize Here](#)



### Millennial Mental Health Podcast With "The Hills" Celebrity Host

With the upcoming release of *The Millennial Mental Health Toolbox*, I am thrilled to get to sit down with Whit this coming Fall to talk all things involving millennial well-being!

[Learn More About the Podcast Here](#)